

## ABSTRACT

The present invention provides a rotary damper in which both yields and braking characteristics can be enhanced. The rotary damper of the invention includes a valve mechanism which comprises an operating chamber 7 through which fluid can pass, a valve body 8 which forwardly moves from a natural state position when the valve body 8 receives fluid pressure and which can forwardly moves in the operating chamber 7, and a first spring 9 capable of giving a resistance to the forward movement of the valve body 8. The valve mechanism can reduce a flow rate of fluid which passes through the operating chamber 7 by a flow path 14 formed between the valve body 8 and a peripheral wall 7a of the operating chamber 7. A reducing amount of fluid can be increased as a moving distance of the valve body 8 which forwardly moves in the operating chamber 7 is increased.